

Dear Fellow Employee:

Best wishes for a **healthy** 2004!

"Turning over a new leaf" or making a "new year's resolution" can be easier than you think. Physical activity does not have to be hard or boring, and eating healthy is not about dieting, nor about the unrealistic obsession of being THIN.



As individuals make a daily conscious choice to make health their #1 priority, a healthier lifestyle is achieved. An "intelligent" approach to living healthy is:

- Stop focusing on weight; make "peace" with food.
- Learn to eat "intuitively". We were born with the internal signals to eat when hungry and stop when full. Re-discover these.
- Be physically active everyday for enjoyment, health, and energy benefits.
- Make time for daily relaxation; let your mind & body go limp during short breaks.
- Use "positive" self-talk, which can improve how you think about yourself and others.
- Everyday, eat a variety of foods from the 5 food groups. Eat small to moderate meals every 3-4 hours, with healthy snacks in-between. Avoid skipping meals.
- Drink 6-8 eight ounce glasses of water each day. Limit or avoid POP.
- Set aside a minimum 30 minutes for physical activity 5-7 times a week. Do something you enjoy, and add variety. Have a buddy.

To help with successful change, EHW nurses are available for one-on-one, confidential WELLNESS coaching. Please call us @ (517) 373-2814 or toll free 1-877-381-0225 or you may e-mail us at [MDCS-WOW-WorkingOnWellness@michigan.gov](mailto:MDCS-WOW-WorkingOnWellness@michigan.gov).

**January 19-25 is HEALTHY WEIGHT WEEK.** A time to celebrate life-long healthy habits, which prevent eating and weight problems.

Visit the **WOW** website for ways to live healthier lives. Click on, or copy & paste this website:

[www.michigan.gov/mdcs/0,1607,7-147-22854\\_24290---,00.html](http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html)

Or go to [www.michigan.gov/mdcs](http://www.michigan.gov/mdcs) and click on Employee Health and Wellness.

This month **WOW** has new information on:

- Healthy spices and recipes
- Phytochemicals
- STRENGTH training for fitness
- Walking for health
- New Year's resolutions & healthier living

**For DISCOUNTS:** Click on the **WOW** homepage or **WOW** News to find **NEW** fitness club discount membership programs.

Visit January's "Wellness Events" and "What's Up in Your Area" to give you events happening NOW.

If you have any trouble accessing our website or its links please call our toll free number 1-877-381-0225.

Employee Health & Wellness  
Working On Wellness  
Your **WOW** Team